

# The Tower

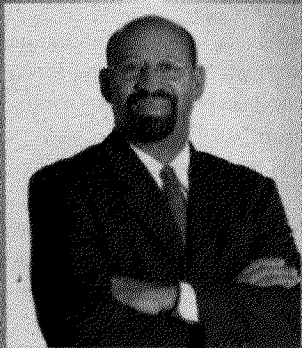
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## INSIDE



### NEWS:

Nutter raises Philly sales tax



### STUDENT LIFE:

Personal Profile: Arcadia Professor Tyler Doherty



### ENTERTAINMENT

Conan banned from New Jersey

News & Opinion 1-5  
Student Life 4-5  
Entertainment 6-7  
Sports 7-8

## President Obama Awarded Nobel Peace Prize

By **KELSEY OLIVER**  
*News Co-Editor*

"Deeply humbled and surprised" were the words President Obama used to describe his reaction to winning the Nobel Peace Prize last Friday, October 9th. The President was awarded the prestigious honor only shared by four other Presidents and one Vice President for "extraordinary efforts to strengthen international diplomacy and cooperation between peoples." The committee in charge of choosing Nobel Prize winners stated that they were particularly impressed with Obama's genuine efforts at solving complex global problems and believe that the world should join in his work toward freeing the entire international community of nuclear weapons. "Only very rarely has a person to the same extent as Obama captured the world's attention and given its people a better hope for the future," said the committee shortly after announcing Obama as the winner.

General public reaction toward the decision by the Nobel committee has been mixed, varying from surprise and confusion to downright outrage. The former mainly consists of those who feel as if the President's first year has thus far consisted of indubitable attempts at fixing both domestic and international issues, but a lack of completion on these problems. Evidence of this has long broached mainstream news networks and has recently branched out to late-night, with criticism stemming from programs such as *The Daily Show* and *Saturday Night Live*. *SNL* featured a skit in which Obama outlined all the things he promised to fix during the 2008 campaign, but has failed to accomplish during his first year in office. The latter, consisting of hard-right conservatives are shocked at the decision to award Obama being that the nominee deadline was a mere two weeks after the President took office in January and thus criticize the committee for being too premature in their choice. Some believe that Obama won the prize only as the result of "star power", as stated by RNC Chairman Michael Steele who also said that Americans are asking "what has Obama actually accomplished?"



As previously mentioned, the President himself was "surprised" at the win, and called the honor "a call to action." Supporters of the President hope that the peace prize will add additional pull on the international stage and that the prize's symbolism as a call to action is genuine.

President Obama isn't the only American to receive the \$1.4 million dollar Nobel Prize reward from the Nobel Prize committee this week - three American researchers were rewarded for their efforts in medicine as well. Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak will split the prize for their work discovering how chromosomes are protected against degradation. In layman's terms, the work by these three scientists has exposed information on how humans age and how we fight disease - which can aid in the research on how to cure various illnesses, including cancer. The specifics of what the researchers have uncovered in the search for cures is "not yet known", but what the three have uncovered is an incredible step for medicinal research everywhere.

## North Korea Returns to Nuclear Talks With China

By **ELIZABETH VANDER NEUT**  
*Staff Writer*

Jong-il, North Korea's leader, made the announcement to Chinese Premier Wen Jiabao. Jiabao recently spent three days visiting North Korea to mark the 60th anniversary of the diplomatic ties between the two countries. China is North Korea's trading partner and holds the greatest influence over the Pyongyang regime.

Jong-il said that if he returns to the nuclear talks it would depend upon its planned bilateral talks with the United States. North Korea's state news agency, KCNA, quoted Jong-il saying, "The hostile relations between the PPRK [North Korea] and the United States should be converted into peaceful ties through the bilateral talks without fail."

The United States says it is ready to converse with North Korea. Ian Kelly, US state department spokesman, said the aim for Washington was to convince Pyongyang to completely denuclearize. He said this remains to be the core objective and that the multi-party process was the best way to achieve that.

BBC (British Broadcasting Corporation) reported Kelly saying, "We and our six-party partners want North Korea to engage in a dialogue that leads to complete and verifiable denuclearization of the Korean peninsula through irreversible steps."

The six-party talks that began in 2003 involved delegates from the two Koreas, China, United States, Russia, and Japan. In 2005 and 2007, the forum reached deals in which North Korea shut down its plants at Yongbyon, and disabled them in return for aid

and security guarantees. The last talk took place in December 2008. The denuclearization ended in 2008 as Pyongyang disagreed with Washington over how to verify its past activities.

Last year, in June, North Korea blew up the cooling tower at its main nuclear complex near Pyongyang to show their commitment. Earlier this year in April, North Korea said the negotiations were over for good

after they received widespread criticism of their long-range-missile launch. A month later, tensions increased when the North conducted an underground nuclear test.

North Korea has been moderating its tone in recent weeks, which signals its willingness to resume a dialogue with the United States, China and other partners, and changing their actions from the spring.

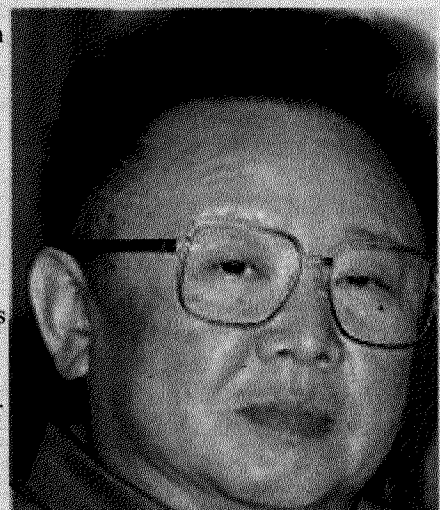


Photo courtesy of nnbd.com



## NEWS/OP-ED

## Woman Killed By Train

By MICHAEL FEENEY

News Editor

25-year-old Ines Fazlic was struck and killed by an Acela Amtrak train around 8:30 a.m. on Monday, Oct. 5, in Newark, PA. Fazlic was seen by witnesses taking a shortcut across the train tracks that run along Elkton Road, just behind the Eagle Diner where Fazlic worked for four years. She was found on the train tracks by Newark police.

Investigators are puzzled as to why Ines did not see or hear the train approaching. Eye-witness customers at the diner reported seeing Ines walking and chatting on her cell phone while she walked to her friend's house, when she was struck by the train.

Pennsylvania police authorities shut down the train for nearly three hours. The train resumed its schedule at 11:30 a.m. Newark police reported that neglect of the train conductor or crew was not a contributing factor in this fatal accident.

Fazlic was an artist and graphic designer, remembered by friends for her talent and sunny personality. "She was a great person," Angelo Stallsmith, Fazlic's boyfriend, said Monday. "Everybody loves her and I'm sure a lot of people are really going to be feeling it when they find out about it."

## I-95 Crash Kills Four

By MICHAEL FEENEY

News Editor

On Sunday, Oct. 4, four Philadelphia men were killed in an accident on I-95 at about 1:30 a.m. Police say an out of control 2006 Mitsubishi Lancer slid under a tractor trailer. The victims were driver Michael Dougan, 29, Patrick Chang, 37, Jason Stefaniuk, 33, and William Eder, 23.

Authorities believe Dougan was speeding, heading southbound on I-95 between Allegheny and Girard Avenue, making several lane changes, when Dougan made a sudden steering change into the right lane and lost control of the vehicle causing it to slide 10 feet under a tractor trailer. The car then spun around, ejecting Eder before stopping on the southbound exit ramp of Girard Avenue. While it is unknown if Eder was wearing a seatbelt, the other three were. All were pronounced dead at the scene.

The driver of the tractor-trailer, Frank Maier, 57, of Abingdon, MD, was wearing a seat belt and was uninjured in the crash, police said.

Dougan's family stated that the group was headed to a party in Old City when the crash occurred. The Mitsubishi was damaged and twisted so severely it was unrecognizable, while the tractor-trailer sustained damage to the rear underside of the trailer.

Southbound I-95 was closed for six hours while police investigated and cleared the scene. Police are asking witnesses to contact them at 215-560-6199.

## From the Editor's Desk...

To Our Faithful Audience,

Well guys, this week's issue was an editor's dream come true... too many articles! We actually had to cut a few due to lack of space, which is unfortunate; however, this means that I am not pressed to fill space which can be a rather difficult problem. So I must apologize those whose articles didn't make the cut this week, but they might still show up next week so stay tuned.

We have a new column in the Entertainment section highlighting bands which deserve some attention.

Also, this week a writer of mine informed me that there has been some Tower bashing going on around campus. So I urge, no I challenge you that if you have any problems or even suggestions, I would love to hear from you. Email me directly at [tbarone@arcadia.edu](mailto:tbarone@arcadia.edu). I am always looking for tips on improvement but I can't change anything if no one voices an opinion. After all, isn't that what this publication is all about?

Sincerely,

Teresa Barone

Editor-in-Chief

## Vaccine helps fight cocaine addictions

By SEAN KEARNEY

Entertainment Co-Editor

An experimental vaccine was developed in London that may help ailing cocaine addicts kick the habit once and for all. The way the vaccination works is that it acts as a cocaine antibody, blocking cocaine from entering the brain before the user can get high. The study was headed by Dr. Thomas Kosten, who worked on the study at Yale before moving to Baylor. According to Dr. Kosten, this vaccination could lay the groundwork for vaccinations for other addictive substances.

Kosten explains that while this does not actually cure addiction, it may give drug users incentive to quit since they will no longer get high. Kosten explained to CNN in an interview that the

number one way those on cocaine quit is when they simply run out of money. The problem with this is that the user needs to voluntarily seek the treatment and a heavy user of cocaine will probably not feel too enthralled to experience any kind of withdraw symptoms.

Kosten says that where the vaccine may be most useful is in aiding recovering drug addicts. The way this would work is patients would be dosed with the vaccine once every three months in order to keep the antibody levels high enough to block the high. This way, even if one does slip up during sobriety, they will not get the high they seek.

So it is not a wonder vaccine, but it is a chance to take a step in the right direction.

## THE BULLPEN

The Tower's weekly round-up of quirky, interesting and mildly relevant news.

## Hidden Note Marks Start of Adventure

Last November, Patty Henken brought home an antique rocking chair she bought at an auction for \$200 and got more than she bargained for. Inside of it was an old envelope.

On the outside were the words "Finders Keepers" typewritten on it, while a key was tucked away taped to a note. The note began, "This DEXTER key # 50644T will unlock a lead chest," as it continued on to detail an address at 1028 N. Fifth St. in Springfield, Ill., where a chest that supposedly contained \$250 worth of U.S. gold coins, was buried 12 feet below the ground.

The mysterious note signed by a "Chauncey Wolcott", included a request to contact the Springfield newspaper if the chest was ever found. Henken had hoped it would lead to a confession to some mystery.

To her dismay, the dig turned up empty, providing only old rubbish.

The woman claims that the writer of the letter's true identity is John "Jay" Slaven, who she said was a notorious practical joker, and ironically enough a coin collector.

-Mark Namura

## Woman gets new face

Chrissy Steltz gets a new face after an accident left her severely injured. Steltz got shot ten years ago in March 2009 when she was 16. Legacy Emmanuel Hospital doctors in Portland, Oregon created a prosthesis for Steltz. It has glass eyes, eyelashes, cheeks, and a nose. Steltz had the first three surgeries and will eventually receive the face prosthesis, which will attach to titanium dental implants.

The accident took away Steltz's sight, sense of smell, and taste, but she told Fox her spirits are still intact. "It took those things from me but, however, in the end, I'm not left with nothing. I still do great every day. In the end, I think, I got it better. This surgery honestly feels like just the end to a long process." Steltz said her proudest accomplishment is her two-month-old baby boy.

-Elizabeth Vander Neut

## Goldfish Gobbling Girlfriend

Have you ever gotten into a fight? That in the end you're so mad you would curse anyone! Even a fish? On September 30th, four days after an aggressive fight between exes, the ex-boyfriend horribly regretted not changing his locks. As it goes in Pasadena TX, on a bright Wednesday morning a crazed female went into her ex-boyfriend's apartment, bypassed the jewelry and money to go straight for the seven goldfish. What happens next is almost comical. She went to her home fried up the goldfish and proceeded to eat them. On her fourth crunchie snack the police busted in on her. While in custody for eating the goldfish it came to light that the goldfish belonged to her. In the end no charges were brought and they all lived happily ever after... minus the goldfish.

-Kristen Bartlett

## Judge Accused of Masturbating Behind Bench

Numbers of people feel there is something they were denied after divorce proceedings, but apparently not Judge Kevin Moriarty. A woman has filed a lawsuit against the Kansas Judge claiming that he was masturbating during her divorce proceedings. The woman, Kimberly Ireland, says that two years ago while the judge was mediating her divorce he repeatedly used extremely profane language, referenced her panties as a legal comparison, and appeared to be "masturbating behind the bench." While she had originally brought these complaints to the Commission of Judicial Qualifications, they found the accusations to be unproven. After Ireland presented the lawsuit she was investigated for filing false claims. The judge believes Ms. Ireland brought the charges up against him for nothing more than to embarrass him, and she certainly did pick a good way to do it.

-Amanda Bruck



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## NEWS/OP-ED

## 8 US soldiers Killed in Afghanistan

By **KEVIN LANGNER**  
*Staff Writer*

Hundreds of insurgents armed with automatic rifles and rocket-propelled grenades stormed a pair of remote outposts near the Pakistan border, killing eight U.S. soldiers and capturing more than 20 Afghan security troops in the deadliest assault against U.S. forces in more than a year, military officials said.

The fierce gun battle erupted at dawn Saturday, Oct. 3, in the Kamdesh district of mountainous Nuristan province and raged throughout the day. It is likely to fuel the debate in Washington over the direction of the troubled eight-year war. It was the heaviest U.S. loss of life in a single battle since July 2008, when nine American soldiers were killed in a raid on an outpost in Wanat in the same province.

Gen. Stanley McChrystal, the top U.S. and NATO commander in Afghanistan, plans to shift U.S. troops away from remote outposts that are difficult to defend and move them into more heavily populated areas as part of his new strategy to focus on protecting Afghan civilians.

U.S. troops used artillery, helicopter gunships and airstrikes to repel the attackers, inflicting "heavy enemy casualties", according to a NATO statement. Fighting persisted in the area Sunday, U.S. and Afghan officials said.

The Taliban claimed responsibility for the attack. NATO spokesman Brig. Gen. Eric Tremblay said the assailants included a mix of "tribal militias", Taliban, and fighters loyal to Sirajudin Haqqani, an al-Qaida-linked militant based in sanctuaries in the tribal areas of Pakistan near the Afghan border.

Afghan authorities said the hostile force included fighters who had been driven out of the Swat Valley of neighboring Pakistan after a Pakistani military offensive there last spring.

"This was a complex attack in a difficult area," U.S. Col. Randy George, the area commander, said in a statement. "Both the U.S. and Afghan soldiers fought bravely together."



## TD Bank Computer Glitch

By **KEVIN LANGNER**  
*Staff Writer*

Computer problems caused headaches last week for customers of the financial institution that calls itself "America's Most Convenient Bank."

TD Bank officials say there have been delays in getting transactions to show up in customers' accounts. They say the problems sprung from complications integrating the computer systems and Web sites last weekend of the old TD Banknorth and Commerce Bank.

In the days just a few years ago before online banking was widespread, most customers would not have noticed. But now, they are so aware that they have overwhelmed the phone lines at the bank's call center, filled branch lobbies, and have made their gripes public on Twitter.

"We recognized the frustration level was increasing during the week," said Fred Graziano, an executive vice president who oversees retail banking for TD, who was contrite about the problems. The timing compounded the lingering problem.

With the first of the month followed by a Friday, Social Security, many pension payments and paychecks were to be deposited. And many mortgage payments were to be withdrawn. Graziano said the deposits and payments have been going through correctly. But people could not see that they were by logging on to the bank's website.

Colleen McCarthy, who lives in Brooklyn and works in public relations, said she was nervous Tuesday, when her paycheck was to be deposited and her car and car insurance payments were to be deducted. The Web site did not show any of those transactions Tuesday or Wednesday. "It showed my balance as being \$100," she said.

Fear that TD Bank was going under spread throughout peoples' minds. Bills were not being paid on time and TD was not so "convenient" as they advertise themselves to be.



## Autism rates at record high

By **WILL BOER**  
*Staff Writer*

A recent report from several pediatric experts says that 1 in 91 American children have ASD, or Autism Spectrum Disorder. ASD refers to any range of disorders related to autism, including Asperger's Syndrome, HFA (High-Functioning Autism), and PDD-NOS (Pervasive Developmental Disorder-Not Otherwise Specified). This is a big increase from findings in earlier years which reported that the rate of ASD in American Children is 1 in 150. The increase is, to put it mildly, significant.

"More inclusive survey questions, increased population awareness, and improved screening and identification by providers may partly explain this finding," says the report. All such reasons are quite possible, but a few other possibilities have been worrying some.

Worries of false diagnoses for developmental disorders have come into the spotlight in recent years as a possible reason for the dramatic increases seen in cases of ADD and ADHD. Now there is some worry that this is happening with autism as well. The survey that the report was based on found a very interesting figure; 40% of the children once diagnosed with ASD were no longer considered to have the disorder.

There is a belief that children can grow out of or be cured of milder autistic disorders, although it is not universally accepted. Whether or not that is true, it is most likely that at least some of that 40% figure resulted from misdiagnoses. While the report in question only considered a child an ASD case if they were currently still thought to have the disorder, it is impossible to tell how many of those cases are diagnoses that will be overturned in the future.

"This is an excellent study, but what it looks at is the prevalence of the diagnosis, not the disorder," said Dr. Susan L. Hyman, a pediatrician from Rochester, while talking to the New York Times.

The other worry about this data takes a rather different stance. "The concern here is that buried in these numbers there may be a true increase" said Dr. Thomas Insel, the Director of the National Institute of Mental Health. That's a fairly scary idea, especially since we would be left unsure of what is causing this increase. The idea that there may be a link between autism and vaccinations has become a popular one lately.

Therimisol, an antiseptic and antifungal agent used in many vaccines became the center of this controversy. While current belief swings away from therimisol being a cause of autism, there are still those who believe that therimisol in combination with other parts of vaccines or the dose from multiple vaccines may be a cause. Other studies suggest that things like toxic waste or premature birth can cause autism.

Whatever the cause of the increase in autism related cases, one thing is certain. America can expect to see many more kids being diagnosed with autism spectrum disorders.

## Nutter raises Philly sales tax

By **ANTUAN JOHNSON**  
*Contributor*

Beginning October 8th Philadelphia mayor Michael Nutter's new sales tax took effect in Philadelphia, raising it from 7 to 8 percent in an effort to generate more revenue for the financially volatile city. This increase has been set into place as a temporary plan set to expire in 2014 at which time the sales tax will revert back to 7 percent.

Currently sales tax in Philadelphia is divided between the city and the state, Pennsylvania receives 6 percent of the revenue while the City of Philadelphia receives 2 percent. The new tax is expected to generate about \$10 million per month. Over the next five years Philadelphia is estimated to bring in an additional \$580 million.

Since the economic crisis began over a year ago cities like Philadelphia have been struggling to balance their budget. This tax plan was introduced by Mayor Nutter in early 2009 as a crucial step towards closing the city's budget gap. In late July of this year Nutter offered the state legislators of Pennsylvania an unfavorable ultimatum; if they didn't approve the city to raise the city sales tax 1 percent, he would be forced to dramatically cut spending from the budget, which would result in the loss of more than 3,000 city jobs.

Not everyone is happy with the mayor's sudden sales tax. Some naysayers of the increased sales tax think that Mayor Nutter is to blame for the city's current fiscal challenge. Some political opponents of Nutter believe the mayor's carefree spending, lack of checks on the budget, and excessive borrowing have greatly contributed to the financial debacle. Philadelphia is currently one of the most tax burdened cities in the nation. Some economists think the sales tax is the right tax to increase considering the other available options like increasing taxes on property run the risk of causing harm to an already fragile house market or increasing wage taxes on stagnant salaries. On a positive note necessities like groceries, clothing, and prescription medicine are exempt from the sales tax.

## G-20 Protest in Pittsburgh Results Anti-Riot Weaponry

By **JARED GREENE**  
*Staff Writer*

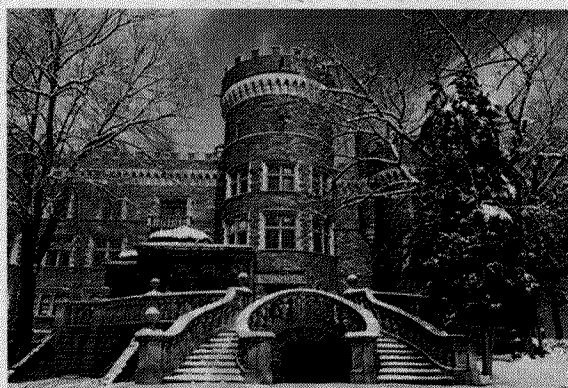
A peaceful protest broke out into chaos over the Group of 20 meeting in Pittsburgh, PA on September 24th. The meeting was meant for a discussion between many of the world's top leaders on how to deal with the world's economy failures. Protesters showed up marching peacefully to the convention center in which the meeting took place, many protesting that capitalism is failing, only to be counter-measured by police forces wearing full riot gear. Police lined up in anti-crowd displacement form and used tear gas, ear-piercing sound waves, rubber bullets, and shotgun-powered

bean bags.

Though it is understandable that security must be tight to secure the safety of the leaders, we must take notice of the violence that the protesters succumbed to. Tear gas burns the eyes causing tearing and can cause temporary blindness. Guns that fire rubber bullets and bean bags can cause serious damage, including breaking windows, making a shot from one of these weapons at close distances (which these weapons are designed for) feel like getting shot with a squishy brick. The sound cannon shoots focused sound waves of high pitched beeps, deafening the crowd. Protesters were blinded, deafened, and knocked down by the police weaponry. This certainly shows a sign of a militarized nation, disregarding our basic rights to protest peacefully.



## STUDENT LIFE

Upstairs in the Penthouse Suite:  
College CourtingBy **MARK NAMURA**  
*Staff Writer*

Everywhere you go, there is confusion on how exactly you date somebody. What are the right things to do, and what do we say? Well before we continue into this week's issue we have another member of the penthouse suite to meet. Ladies and gents, I would like to introduce you to Whitebread. Now this name doesn't have much of story to it but it stuck. Truly it was just a simple joke over ordering white bread at our beloved diner

across the road.

So conveniently our quote of the week comes from Whitebread, and leads us into to this week's topic. "So I almost had sex." Well now that's something you would expect a college student to say. Although you would have to wonder what would instigate this. Well as it turns out this is all the result of the apparent process in which we court others in college.

Let's say, hypothetically, that a girl is innocently led into believing that a guy would like to get to know her. Wrong! That's just a little naïve don't you think? Well no, because let's say this guy was a brilliant actor and this girl was actually falling for this "oh so sweet" guy. So imagine a scene where we find a mattress on the floor, and music playing in the background. Look at that...no roommates.

Now that we know he's not looking to get to know you, but rather GET TO KNOW YOU, we can just roll our eyes at the cliché male college student. Now we can skip the small details of this tactless plan, because its safe to say he didn't get to know anybody that night.

The lesson we should have learned here is that a girl or guy shouldn't give anything to somebody who can't just tell you to your face that they're shallow, and looking for a quick lay. However, they did go through quite the act. But is it really that bad of you to say no or would they understand? Well let's look at what happened in this particular scenario.

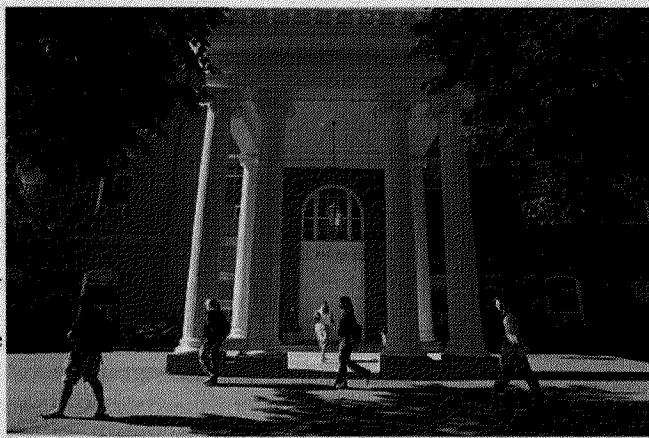
Fast-forward a little bit and picture that same girl walking down the Walk of Pride and, out of nowhere, a basketball hits her. Surprise...the same resentful guy threw it. Looks like it's the walk of shame for him. Now in my world at least we don't court by throwing basketballs at girls. This "court" is not the one where we shoot hoops. Although you know, once again, I could be wrong and this is perhaps how people prefer to be approached. Well girls you let me know the next time this happens to you if that made you fall head over heels for a man. Let this be a lesson to us guys that we shouldn't throw things at people we would like to date.

## Tough sex rules at Tufts

By **JARED GREENE**  
*Staff Writer*

Have you ever been trying to sleep or study and all of a sudden you see your roommate getting busy? To address this issue, Tufts University in Boston, MA, has recently commenced a new rule stating that residents may not engage in sexual actions whilst their roommate is also in the room. The policy reads, "You may not engage in sexual activity while your roommate is present in the room. Any sexual activity within your assigned room should not ever deprive your roommate(s) of privacy, study, or sleep time." Violations of this policy will result in a loss of guest privileges for the resident. The reason behind this new policy, which is printed in the 2009-2010 student handbook, is that there were many complaints coming from students about roommates having sex in their room. The term "sexile" is used when a roommate is asked to leave the dorm so one can engage in sexual actions. This new policy is used to prevent this from happening in times when being in one's own room for important things like studying or sleeping or research. The idea was sparked by a number of complaints from residents feeling very uncomfortable about what their roommates were doing with others in their presence. The rule is viewed as a joke by some. "If someone is going to go and have sex while their roommate is in the room, I mean I think that's kind of gross. I think it's kind of funny that they would have to make a rule about it," said freshman Callie Morton.

Another student stated, "I don't think it's something that can really be enforced per se. I don't understand how that's going to work." The rule can only be enforced if students report it, making the rule more of a mediator of disagreements rather than an actual preventive measure. Some students think that such a matter should just be dealt with by the roommates. Sophomore Kristen Collins said, "I think that it is such a personal issue that it should be dealt with between roommates." At least residents no longer have to worry about their roommates doing the nasty in their presence, unless they really want them to.

Swine Flu In Schools:  
To Close Or Not To CloseBy **BRANDON HAZE**  
*Staff Writer*QUARANTINE  
CONTAGIOUS DISEASE

By now we've all heard quite a bit about the H1N1 Swine Flu virus. We know it's about as dangerous as the seasonal flu, and we know symptoms include fever, cough, fatigue and other cold and flu symptoms. And we know that it can be more severe, even fatal, for people with weaker immune systems, including small children, the elderly, and people who suffer from HIV and Aids.

For the rest of us, the symptoms of Swine Flu can often be suppressed with a bit of medicine, isolation, and a few days' rest. Unfortunately, a few days can mean a lot even to the full time college student, especially those of us with hectic class and work schedules. Imagine what it could mean for an entire school district. Imagine what it could mean for the country.

According to the Associated Press, closing schools as a first measure to combat swine flu could cost between \$10 billion and \$47 billion. This is the estimate pertaining to what would happen if all of the schools in the US closed for four-week periods.

As of Monday, September 28,

the Education Department recorded at least 187 school closures that have affected almost 80,000 students nationwide. The Centers for Disease Control say 37 states have reported widespread influenza activity.

One concern is that massive school closures could cause parent absenteeism to reduce employee attendance by 12% on average. According to the Charleston Gazette, certain factors can make closing more troublesome for certain districts and neighborhoods, including higher percentages of pregnant staff and students, higher numbers of parents in healthcare industries, and higher numbers of people with heart and lung conditions.

Schools are being urged not to close except as a last resort, but some schools have already had days where up to 40% of their student bodies were sick at home. Not all cases were swine flu, but many parents would rather be too careful than not careful enough.

Vaccinations are starting to become available for both H1N1 and seasonal flu, with more to come in upcoming weeks. Priority will first go to preschoolers and the elderly.

## Column: Commuter Life

By **JENN PACHECO**  
*Staff Writer*

So, commuting. So far the thing that sticks out the most for me is how hectic my life is. The weeks are going by so fast and when I try and think back to what has happened it is a big blur. I am constantly running from a train, to a train, to class and somehow living a life in between. Monday thru Thursday I am like a tornado bolting back and forth from center city to Glenside. I don't get to go home from 9:30 a.m. on Monday to 5:30 p.m. on Tuesday. I sleep on a few couches of generous friends and count the minutes until I get to go home. For the first few weeks of the semester I was running around like a turtle with my home on my back. Finally, since my last column, I am happy to report that my 30 lb. backpack has been retired thanks to:

Drum Roll!

My commuter locker!

Who knew that they even existed? Before this year I never had an inkling that there was even a commuter lounge. Now it is my favorite place to stop in every few hours. My roommates think it's a bit funny how excited I have been about my locker. Although they've definitely made fun of me for it, I have still been kind enough to let them throw a few books in every now and again.

Other commuter things I have been exposed to lately include the fact that we have not only a fridge (I've been eating room temperature turkey sandwiches all semester and it has definitely begun grossing me out), a microwave in case I get fancy and bring a real meal with me, and a tv/couch combo. I have to say about the latter, I still haven't attempted to watch the tv because that leads to something I am not sure I am ready to conquer; meeting other commuters.

Every time I walk by I smile sheepishly and say hi. I don't know what it is, but I'm almost afraid to try and make friends with the rest of 'my kind'. I seem to stick with the residents and commuters that I already know. It's not that I think the other commuters will bite me, but I do feel a bit like the new girl in school.

Well enough of admitting my own anxiety about making friends in the commuter lounge to the whole Arcadia community. I am sure as the year goes on I will stop being a big baby and introduce myself to some of the lovely people commuting as well. Tune in next week for some more blatant insecurity and I'm sure an embarrassing tale from my life.



STUDENT LIFE

A Profile in Poetry: Professor Tyler Doherty

By KATIE REILEY  
Student Life Editor

Tyler Doherty is unlike any professor you've ever had before. As his class watches a YouTube clip of a notably famous poet perform a piece of poetry, complete with crazy gestures, Professor Doherty stands in the corner with a wry smile on his face. As the poet does a particularly large arm gesture, nearly toppling herself over, Doherty chuckles softly. The poet finishes with great bravado and the class sits in silence, attempting to take it all in. Doherty reclaims his position in front of the class and everyone braces for a lecture on the metaphorical meaning behind each gesture. Instead, Doherty laughs to himself and says, "Wild, isn't it? She's like that all the time."

Tyler Doherty isn't one to take himself, or his livelihood, too seriously. Born in 1973 and raised in Toronto, the transplanted Canadian poet seems confused why he's being interviewed for this article. But don't let his modesty fool you; Tyler Doherty is an unstoppable poetic force. According to his publisher, Bootstrap Productions, "Tyler is one of the greatest living poets around." That's quite a title.

Tyler Doherty's literary background began pretty early. He became interested in poetry in 12th grade, he says, when he found a book of selected poems by William Carlos Williams and found his calling.

"Emily Dickinson says when you read a good poem it feels like the top of your head has been lifted off and I think it really was like that for me," Doherty says. "It felt like the veil had been parted and it was like an 'I can do this' moment."

And it didn't stop there. For his undergraduate degree, Tyler attended McGill University (the Harvard of the North) and majored in English Literature.

"I ended up just sort of taking a ridiculous amount of literature classes: Japanese lit, German lit, Chinese lit. It actually got to the point where my advisor told me I couldn't graduate because I had too many literature courses," Tyler laughs.



His education at McGill focused more on the classics of literature, rather than the contemporary poetry Tyler writes today. "The most contemporary poet we read there was Elizabeth Bishop or Seamus Heaney. They're hardly sort-of avant-garde, post-modern poets. Post-modernism almost didn't exist in terms of my literary education."

It wasn't until Tyler enrolled in the Jack Kerouac School for Disembodied Poetics at Naropa University in Boulder, Colorado that he began his excursion into post-modern poetry. His close mentors there included Anne Waldman, Jack Collom and Anselm Hollo. It was at the Jack Kerouac School that Tyler began meeting regularly with Andrew Schelling, a noted poet, and his poetry began to evolve.

"[Schelling] said he liked what I was doing in my poetry, but he said 'I'm not going to talk to you until you've read these books' and he handed me a stack of contemporary poetry and said 'you need to get in on the conversation here.'"

Tyler's dedication to poetry doesn't stop at his schooling. Professor Doherty also lived for 15 months in a Zen Buddhist monastery where he spent a good amount of time meditating. He lived a simple life there modeled on the lives of 13th century Japanese monks. "Essentially, you live the life. You get up at four in the morning, meditate morning and evening. Then the kicker was that once a month you would have to go into total silence and basically meditate all day long," he chuckles. "I started meditating in college and I wanted to go a little deeper into the practice. A lot of my favorite poets were Chinese and Japanese writers who flirted with or actually practiced Zen so I figured this was the way to do it."

He wasn't alone in his practice, either. "It's actually how my wife and I met, oddly enough," he laughs. "She was doing the same thing."

Despite his deep dedication to writing poetry though, Tyler isn't into the business side of things. "I find most of that stuff counter to my nature and what I think poetry should be. I don't think poetry should be in the market of selling itself," he tells me after I ask him about the quote from his publisher. "I think [Bootstrap Productions] is being so over-the-top about my poetry because I'm so under-the-top about poetry in general."

When asked when he decided to teach, Tyler laughed a little. He said he's been teaching since he was 15 years old, first assisting at summer camps and tennis camps, then beginning to run his own camps. He taught elementary and middle school right after college at a private boys school in Toronto. Then his life began to move with a little less planning. "I went to Naropa just wanting to get better at poetry and I never really gave much thought to where it would all end. I never gave much thought to the more practical aspects. I didn't really know what I was going to do," he says as he smiles to himself.

But as time passed, Tyler found himself in the Philadelphia area where he earned his master's degree in Education from Arcadia. "Through that I met Dr. Tom Hemmeter, who teaches here [at Arcadia]. We were running writing centers in inter-city schools," he says. "That segued into me teaching a couple of Comp. classes [at Arcadia] and that segued into me doing a few more permanent things. So it was all kind of by accident." He began teaching here at Arcadia in 2003 and is now an Adjunct Professor in the English, Communications and Theater department. He runs his classes informally, pushing the desks in the room into a circle where he and his students can sit as equals and discuss the subject matter. His teaching style is a mindset he says he's had since his time at the Jack Kerouac School: "I feel like it's important to know the tradition that we're coming out of and how what we're doing fits into the contemporary moment and to be able to articulate that," he says.

Tyler is also the head of the Writing Center at Arcadia. The Writing Center is a workshop area for a student's writing; you can bring in an essay you're having trouble with and the students there will help with the editing process. It's an excellent resource for any student at Arcadia.

His plans for the future aren't exactly detailed yet, but Professor Doherty has a rough idea. "I like it here [at Arcadia], I like the area," he says. "In terms of my writing, I'm putting the finishing touches on a book that should come out in the spring, so that's kind of occupying me."

That, and his five month old daughter. When asked how he likes fatherhood, he laughed like only a new parent could. "It's great, yeah, it's totally insane," he smiles. Like everything else in life, Tyler Doherty seems to be taking the newborn in stride.

Upcoming Area Shows

By SEAN KEARNEY  
Entertainment Co-Editor

When	Who	Where	What	Cost/Age
October 15th	Phosphorescent and Alberta Cross	First Unitarian Church, 2125 Chestnut Street (22nd and Chestnut Sts) Philadelphia, PA	Great show. Phosphorescent (Dead Ocean label) is a wonderful atmospheric band that plays very well put together hazy indie music. This is the kind of band you buy great headphones for, just so you can hear all the little details front man Matthew Houck puts together. Local Philly show booking agency R5 describes Alberta Cross, the opener, as "A cathartic, kaleidoscope of influences, from Depeche Mode to The Band." Good enough for me. Check it out.	\$12, All Ages
October 20th	Neon Indian, Post Post, Real Estate	The Barbary 951 N Frankford Ave (Frankford & Columbus Sts - Fishtown) Philadelphia, PA	Neon Indian is a critically acclaimed indie dance group (think warped out version of MGMT). The runner up, Post Post, is an all girl indie pop group of college juniors who met at Bryn Mawr. I feel like they're definitely an up and comer. Real Estate, the third band, is the band I'm most excited about. Mark my words, they will be something huge in the next year or so. As of right now, they only have a 7" released with two songs on it and have a full length on the way. They were signed to Woodsist, same label as Wavves, Woods, and Ganglians and have shown a lot of promise.	\$10, All Ages



## ENTERTAINMENT

## Austin City Music Festival

By BRIAN KILLEEN  
Entertainment Editor

The Austin City Limits Music Festival, held once a year in Austin's Zilker Park, is known for one thing and one thing only: hardcore music lovers. Not to be confused with "hardcore" music, these fans will go anywhere and everywhere for their favorite musicians, and the festival held on October 2nd through the 4th proved to be no different.

The brave and hot fans surrounded themselves in mud, cigarettes, pot, and hipsters to live out seeing some of the greatest musicians and performances many of them will ever experience. A load of bands, from all types of music played: Kings Of Leon, Yeah Yeah Yeahs, Coheed and Cambria, Walter "Wolfman" Washington, Dave Matthews Band, Flogging Molly, Ben Harper, Pearl Jam, and many, many more. In total, there were a little over 130 bands who performed.

The title "Music Capital of the World" supposedly belongs to Austin, and this festival proved them to deserve the title. The festival kicked off with Dr. Dog, who undeservedly got an early spot in the show. The band chose not to interact with the fans much, and didn't pull much of a crowd over to their stage.

On the second day, however,

Dave Matthews band put on a performance which could be heard in every note and within each guitar solo, arpeggios, scales, and improvisations. The crowd, covered in mud, danced to each beat and made their cheers noticed. Saxophonist Jeff Coffin played two tenor saxophones at the same time, drawing the crowd in with amazement and awe. Their show, in itself, was a concert.

The last day proved to be, in a way, reminiscent of the past. The first big band to perform was the B-52's. They mixed a combination of music for the old and new fans, playing music off of their album *Funplex* and many of their classics: Their biggest hits, "Love Shack," "Rock Lobster" and "Roam."

Finally, to close the concert out, Pearl Jam played some of their biggest hits. Eddy Vedder told stories of old, his life of a rocker, and a fan's impromptu slide through the mud. Keeping the fans on their toes, Pearl Jam caused the fans to have a blast, but also performed a magnificent show.

For any music fans, or anyone who loves meeting new people, interesting personalities and new bands, then the Austin City Limits Music Festival is for you. That is, of course, if you can stand the elements and don't mind getting a little dirty.

## David Letterman's Affair

By SEAN KEARNEY  
Entertainment Co-Editor

Longtime late night talk show host David Letterman has publicly admitted that he has had affairs with numerous members of his staff. The confession was made public after CBS producer Robert "Joe" Halderman, a producer of the show 48 Hours Mystery attempted to blackmail him. Halderman was demanding Letterman pay him \$2 million or he would reveal the secrets to the public. Rather than pay to keep his questionable decisions a secret, Letterman decided he would publicly admit his faults and apologize. "You can't be victimized by criminals," Letterman said during his apology, "so you have to go ahead and push back."

Since then, Letterman has apologized to his staff, his audience, and his wife, Regina Lasko twice. Letterman has apologized publically on both his show and Youtube.com. The video from Youtube has since been flagged for removal by CBS. The second apology on the show was allegedly demanded by Lasko.

To add insult to injury, it has recently been revealed that Letterman took one of his young mistresses, assistant Stephanie Birkett, with him on vacation with his wife and son to the Caribbean. Letterman's wife thought of her merely as "an innocent friend" and "a coworker." Birkett is, oddly enough, the current boyfriend of blackmailer Robert "Joe"

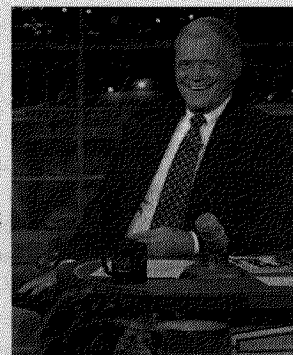
Halderman.

What has been the effect of all of this bad press? Some of Letterman's best ratings in years.

During the segment of his show where he apologized, TiVo reported that there was a 22% jump in viewing and a 71% jump in time shifted viewing (recording of the show). The second time he addressed the issue, there were an estimated 5.7 million people watching the show whereas competing late night show, NBC's "Tonight Show", had 2.3 million viewers. Those numbers are 19% higher than Letterman's season average of 4.8 million viewers. According to a Rasmussen Reports poll, 63% of viewers said that the affair would have no effect on their viewing choices.

All and all, Letterman is probably having one of the most pleasant scandals one could hope for: high ratings, resurgence in popularity, and fan loyalty. Halderman, Letterman's blackmailer, has not been having as pleasant of a time.

Halderman has since been taken to court for his actions and plead not guilty to felony extortion. He is due for court on November 2nd, and if sentenced could face from five to fifteen years in prison.



## Reviews

## CD: Backstreet Boys - This Is Us

By KATIE REILEY  
Student Life Editor

When I heard the Backstreet Boys had put out a new album, *This Is Us*, I jumped at the chance to write a review, which meant I could buy the CD and listen to it endlessly without embarrassment. As a younger girl, I can remember dancing around my bedroom singing 'I Want It That Way' as loudly as I could. I was the one with BSB posters plastering my walls. I truly believed that, yes, there is a difference between N\*Sync and Backstreet Boys. So I had nothing but high hopes for this album. Unfortunately, the music failed to deliver.

In short, the music falls flat. None of the tracks on this CD make me want to get up and dance around my living room like I used to. The first single off the album, "Straight Through My Heart", is bland and interchangeable with any R&B-pop song. It's average, at best. The later tracks follow the same suit. The only song to catch my attention was "Masquerade"; it's beat is enough to make the listener nod their head to the beat, but that's about it. "She's a Dream" is probably the worst song on the album, capturing nothing of the old

Backstreet Boy charm and shine.

The once intoxicating harmony of the band has become lackluster and I find it hard to picture little girls dancing around their bedrooms singing *This Is Us* tracks. It's depressing to think that a once favorite band could have fallen so far, but there's no way around it. Or maybe the boy band phase has just passed us by, our generation maturing while the Backstreet Boys' music remained the same: repetitive and boring.



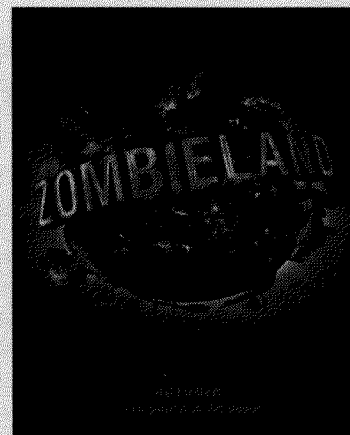
## Movie: Zombieland

By ANTUAN JOHNSON  
Contributor

*Zombieland* is not your traditional zombie horror movie; it is crafted in the same vein as 2004 cult zombie comedy hit *Shaun of the Dead*. It is not meant to be a serious dramatic horror film like box office smashes *Dawn of the Dead* and *28 Days Later*. Instead it uses comical situations in conjunction with dramatic irony with unexpectedly brilliant results.

The movie wasted little time with introductions and thrusts the viewer into the deceased remains of the United States of America, *Zombieland*. The story opens with an introduction to Columbus, a college student from Austin, Texas, who has learned to survive the nightmare of *Zombieland* by adopting a series of "rules" to abide by. The rules serve as Columbus's guide to staying alive in *Zombieland*. Along his journey Columbus meets up with Tallahassee (portrayed by Woody Harrelson of *No Country for Old Men* and *Natural Born Killers*) who is on his way to Florida with two objectives, to kill as many zombies as possible and find a Twinkie. Eventually the duo meets up with two sisters, Wichita and Little Rock, while searching a supermarket for Twinkies. Shortly thereafter Columbus and Tallahassee find themselves conned out of their ride and weapons. Tallahassee now set on vengeance after losing his Escalade is heading west in search of Wichita and Little Rock. After being conned once again and this time kidnapped Tallahassee and Columbus find themselves on their way to California with the girls. Eventually the pairs decide to leave their hostilities behind and make their way to California. When they get there they decide to spend the night at the mansion of Tallahassee's favorite celebrity.

*Zombieland* is a bold and innovative zombie horror movie that is sure to set the standard for future zombie films, and new director Ruben Fleischer is one to watch out for. If you're bored this weekend and looking for a laugh or two, why not go to *Zombieland*?



## Bands You Should Know: One Day As A Lion

By BRIAN KILLEEN & SEAN KEARNEY  
Entertainment Editors

Unfortunately, in the world of music, there are many bands which go unnoticed. Some may be terrible, but many are great and we are hoping to show some of those bands which deserve to be noticed in this section.

The first band we'd like to talk about is "One Day As A Lion". Fronted by "Rage Against the Machine's" Zach de la Rocha, it has the same amount of passion that "Rage" displayed in the years before they broke up and were still performing. This is good for the fans who have been craving that same aggressive rap/rock hybrid they have been missing. The only other member of the band is former "Mars Volta" drummer Jon Theodore. The two together create a dynamic duo, so to speak, pushing out rough and raw songs which many "Rage" fans will find familiar.

The political aspect of the songs is strong, very much as many Zach fans will recognize. Some may not find the music appealing; it's rap over a synthesized keyboard and drums. There is nothing else. This is what makes the music so powerful in my opinion.

At the time, there is only one EP released, self-named as "One Day As A Lion", sporting five tracks that will make you pump your fist. There is supposed to be a full album released next year, but the news for such has not been released as of yet.

We'd love to hear your opinions! If the readers have any bands which they would like us to review and display, please e-mail myself or Sean at [bkilleen@arcadia.edu](mailto:bkilleen@arcadia.edu).



## ENTERTAINMENT

## Conan Vs. New Jersey

By MICHAEL FEENEY  
*News Editor*

"Of course everybody right now is talking about the biggest scandal in the country and it's now involving a late night host. Accusations are flying, it's getting really nasty. All of America is gripped by this story. That's right; I'm talking about my feud with the Mayor of Newark, New Jersey." So says Tonight Show host Conan O'Brien on his feud with Newark, New NJ Mayor Cory Booker.

A few weeks ago, O'Brien sparked the faux-feud by making a joke regarding Booker's program to improve resident's health: "The Mayor of Newark, NJ wants to set up a city wide program to improve resident's health," he said, "The health care program would consist of a bus ticket out of Newark." O'Brien appreciated his own joke, stating, "For a joke that got me in trouble, it works every time. It's the Terminator of jokes."

Mayor Booker responded with a Youtube video, banning O'Brien from Newark Airport. "According to the powers vested in me by the people of the city of Newark, I'm officially putting you on the Newark, New Jersey Airport no flight list. Try JFK, buddy."

O'Brien's response? "Pretty rough -- he banned be from Newark Airport. How will I go on in life?" O'Brien stated dryly. Not only that, but the red-haired late night show host fired back by banning Booker from Burbank Airport, in California. "I have an

Irish temper," he said.

Mayor Booker quickly responded back via Youtube once again in this war of banishment. "You see, I'm the Mayor of New Jersey's largest city, but I'm not the only city. New Jersey has 566 municipalities, and I've been getting calls, and e-mails, and faxes from mayors all over the state. You see, we in New Jersey roll hard, we roll strong, and we roll together. And I'm now here to officially tell you that you have been banned from the entire state of New Jersey."

After receiving a letter from Chris Bollwage, Mayor of bordering city Elizabeth, NJ, which created a treaty by stating that O'Brien would always be welcomed into New Jersey 4th largest city, O'Brien responded once again not by banning Booker, but by going military all over him. He revealed his plans to surround the city of Newark by conquering all of the surrounding cities and turning them over to his side.

"Now that I've established a beach head, I'm going to begin my campaign to surround and crush you."

This plan included "shamelessly sucking up to your surrounding municipalities," according to O'Brien. He plans to take over cities like East Orange, Kearny, Jersey City, and Bayonne. "With these cities next to me, I now have Newark completely surrounded, creating a geographic toilet seat around the city of Newark," he said. "The municipalities of New Jersey

don't roll quite as together as you think." O'Brien soon let power corrupt, banning Booker from the state of California.

As of Friday, Oct. 9, things remained heated between the two suit-wearing men. Drastic measures had to be taken. Thus, Secretary of State Hillary Rodham Clinton stepped in to smooth things over. "I have been following the ongoing feud between Conan and Newark Mayor Cory Booker with great interest, and by this I mean I haven't been following this feud at all, but my staff just gave me the gist of it five minutes ago."

Referring to a spill that caused a concussion O'Brien took during his show a few weeks back, Clinton stated, "Let's just chalk it up to Conan's head injury and be done with this whole mess. Then you can end this silly feud and you can go back to what you both do best. For Mayor Booker, that means leading Newark toward a new era of wealth and prosperity. For Conan, that means dancing around the stage and making lame jokes about my pantsuits."

With sass like that from our Secretary of State, nobody knows how O'Brien will react. Perhaps a three-way feud will begin to fester. Maybe even a tag team affair could occur. O'Brien did allude to the 1984 film *The Terminator* in one comment, so maybe The Governor will join him in his quest to defeat Mayor Booker.

## SPORTS

## ESPN Reporter Files Suit Against Peeping Tom

By CRAIG FORSYTHE  
*Staff Writer*

Michael David Barrett was arrested on October 2nd for his actions in relations to ESPN reporter Erin Andrews. Barrett was charged with interstate stalking after being arrested at the Chicago O'Hare airport last Friday. Barrett paid the \$4,500 for bail but was ordered to home confinement. Barrett has also been banned from using the internet.

Barrett is the alleged man who filmed the attractive ESPN reporter through a tampered peephole while she was curling her hair naked. He filmed 8 videos of a nude Erin Andrews walking around her hotel room. 7 of the 8 videos were taken at the Marriot Hotel on the Vanderbilt University campus in Nashville back in September of 2008. The 8th video was apparently made at the Ramada Conference Center in Milwaukee, Wisconsin in July of 2008. The FBI says that Barrett was able to make a peephole at both hotels and then videotaped the naked Erin Andrews through the small peephole. When Barrett arrived at the hotels, he asked if he could be put in the room next to Erin Andrews's hotel room making his criminal activity much easier to accomplish. After filming Andrews, Barrett posted the videos online and then attempted to sell the videos to TMZ.com (a celebrity based website). This turned out to be the action costing Barrett his freedom as an employee at TMZ informed Andrews's attorney of the situation.

Michael Barrett is a 47 year old insurance salesman who lives Westmont, Illinois. According to neighbors, Barrett was a rather quiet and law-abiding individual. Barrett's father, Frank Barrett says the actions of his son do not imitate the Mike he

knows.

The videos of Erin Andrews were originally uploaded to the website Dailymotion on February 17, 2009 and have apparently been available on google.com search for months. Erin Andrews has confirmed that the woman who appears naked in the video while curling her hair is in fact her.

Erin Andrews has been rather quiet on the subject, only being in an interview seen with Oprah Winfrey on Oprah's show which aired on September 11, 2009. In the interview, Andrews said the first time she saw the video she felt as though her career was over and that the entire situation was a "nightmare". Andrews has also stated how she will personally make every effort to help strengthen the laws to help better protect the victims of criminal stalking.

Erin Andrews started her career with FSN Florida in 2000. Before coming to ESPN, Andrews worked for the Sunshine Network covering the Tampa Bay Lightning and then worked at Turner Sports covering the Atlanta Braves, Atlanta Thrashers, and the Atlanta Hawks. Andrews then started working for ESPN in May of 2004 covering the NHL. She has been working at ESPN ever since covering college football, college basketball, and Major League Baseball instead of the National Hockey League. Erin Andrews would return to ESPN on September 3rd to cover the South Carolina vs. North Carolina State college football game. This would be the first time being on ESPN since news of the video made it to Andrews back in July.

## 2009 Pro-Baseball Recap

By KEVIN LANGER  
*Staff Writer*

It is October and that could only mean one thing and that is that it is the start of the Baseball Playoffs. It has been a really long season with many surprises and outcomes that were unexpected. The season started with many teams adding new players and having high hopes for the year. And as a result, The playoffs shaped out as follows:

In the American League, the Yankees came out of the AL East, and will be taking on the AL Central winners Minnesota Twins. The wild card winning Boston Red Sox will be facing the AL West winning Angels.

In the National League side, the Philadelphia Phillies will be facing the Wild Card Champion Colorado Rockies. And then the NL West winning Los Angeles Dodgers will be playing the NL Central winning St. Louis Cardinals.

The Phillies will be trying to go for a repeat of their World Series victory from a year ago, but all the other teams are thinking other wise. The

always high spending, new look Yankees are looking for better playoff success this year, after not making the playoffs last year. It will be interesting to see how the playoffs pan out, but in my opinion, it looks as though the 2009 World Series Champion will come out of the American League.

Sorry to say Phillies fans, but you will not be repeating this year. This is the year of the Yankees I am afraid to say. They are more confident and balanced this year that it is inevitable for them not to win it all this year. With steroids aside, Alex Rodriguez is still a great ball player, and Derek Jeter is a great leader for that organization. I feel as though the Yankees will play the Dodgers in the World Series, with the Yankees winning in 5.

## Monday Night Showdown: Vikings vs. Packers

By ERIC ELIE  
*Contributor*

This showdown between these two NFC North division teams lived up to every bit of the hype ever since the NFL schedule was released back in April. These two teams always perform well when pit against each other and make an exciting game, but when Brett Favre signed with the Vikings in the offseason, this became one of if not the most anticipated game of the year. Brett Favre would not only play against his team for the first time, but also have the chance to be the first quarterback ever in history to beat every team in the NFL.

That night at the Metrodome, the party started with a bang. As the Packers were driving up the field, Jarrod Allen gave what the crowd wanted and got a strip sack to get the ball in the hands of Brett Favre. Brett Favre came out of the gate throwing bullets filled with emotion. The receivers could not believe a man turning 40 in a week could be throwing this hard still with accuracy. Then later on this drive, the Vikings were on Packers 10 yard line and Brett throws his first TD pass of the day to his tight end Visanthe Shiancoe. This did not seem to discourage the pack as they

have Aaron Rodgers who ropes one to Jermichael Finley for a 62 yard touchdown. This is just the beginning. Later in the second quarter Brett throws another touchdown pass, but seemingly right after that score, and a three and out for the Packers, the impossible happened. Adrian Peterson was being gang talked at near the sideline and he then has the ball ripped out of his hands by Clay Matthews who gets a touchdown. The Packers down by fourteen points go for it on 4th and 1 and fail to score, then they fail to contain the Vikings within their own twenty and at this point the game is over.

The Packers were able to get a little something at the end in the fourth quarter but it was too little too late and loss 30-23. Afterwards, Brett Favre was emotional in his postgame interview and was firm on the fact that the victory was but was it now way sweet "revenge", and then had a laugh when he was reminded he was turning forty years old next week. Brett Favre is still as good as anybody and this game was absolutely necessary for this team and Brett Favre for this game could be what will propel this team to the playoffs.



SPORTS

# Field Hockey Team Snaps Losing Streak Against Swarthmore

By **CRAIG FORSYTHE**  
*Staff Writer*

Arcadia's field hockey team ended a 6 game losing streak last Wednesday beating the Swarthmore Garnett 3-2. Despite being outscored in the 2nd half, Arcadia's offense did enough damage in the 1st half to win their 3rd game all season. The win improves Arcadia's record to 3-7 on the season. Swarthmore drops to 5-7 for the season (1-3, Centennial).

Arcadia took the opening faceoff, moving its offensive unit towards the net closest to the woods. AU's offense came out strong dictating play with relentless pressure. Dominating time of possession, AU made 2 of their 4 shots on net giving them an early lead. After several chances, Lauren Altera (#12) found the back of the net with a penalty stroke 17 minutes and 48 seconds into the game giving the Knights a much deserved 1-0 lead. Within the next 5 minutes, Ashley McCarthy (#24) joined Altera on the scoreboard with a clean up goal at the 22:19 mark of the 1st half. Lynn Beatty (#8) got the assist on McCarthy's goal. AU's defense and goaltender, Brittany Rasmussen (#99), helped keep the ball in Arcadia's offensive zone while turning away limited chances created by Swarthmore in the 1st half. The Garnett's offense looked weak in comparison to AU's defense. Swarthmore's 1st offensive chance didn't occur until seconds before the 26 minute mark of the game.

The 2nd half started out good for Swarthmore. After taking the opening faceoff, Sara McCabe (#19) gave Swarthmore their best offensive chance yet. McCabe took a breakaway in on net a little over 5 minutes into the half only to be turned away by Rasmussen. On Arcadia's first offensive chance of the 2nd half, they cashed in to increase their lead to 3 goals. Caroline Champi (#2) scored on one of the several rebounds created by the surging AU offense around the 8 minute mark of the 2nd half. Arcadia wouldn't enjoy their comfy lead for long. 2 and a half minutes later, Swarthmore's McCabe set up Hoa Pham (#2) who barely got the ball over the goal line to cut AU's

lead to 2. Later in the 2nd half, Katie Teleky (#18) was able to get one past Rasmussen making it a one goal game with about 5 and a half minutes left. After turning away an onslaught of attempts by Swarthmore's offense in the final minutes, the Knights held on for a 3-2 victory.

Arcadia may have only registered 6 shots on net, but their offense dominated the 1st half of the game. After providing a 2 goal lead in the 1st half, Arcadia's offense kept the pressure on resulting in the 1st goal in the 2nd half extending their lead to 3 goals. AU's offense was led by the hustle and hard work of Ashley Griffith (#5), Adrienne Altera, and Caroline Champi. The offensive work resulted in several chances and 12 penalty corners (9 in the 1st half). Despite slightly declining in production during the 2nd half, AU's 1st half offensive explosion was enough to give Arcadia the win.

AU's defense helped move the offense along throughout the game. Every time Swarthmore advanced the ball pass the midfield line in the 1st half, Arcadia's defense was successful in stopping the ball and sending it back into Arcadia's offensive zone. Luminita Hamilton (#13) and Ashley McCarthy (#24) led the dominating defense demonstrated by Arcadia. Swarthmore may have scored 2 goals, but it was too little too late as AU shutdown any chances created by the Garnett in the remaining moments of the game.

Brittany Rasmussen stopped 3 of Swarthmore's 5 shots on goal in Arcadia's win wednesday. Stopping both shots she faced in the 1st half, Rasmussen allowed 2 goals and prevented another one on the 3 shots taken by Swarthmore in the 2nd half.

Arcadia's next game is away at Elizabethtown College at 1 p.m. on Saturday.

## HEALTH & FITNESS: STARTRING OFF RIGHT

By **DEREK THOMAS TRACEY**  
*Sports Editor*

To begin the first week of Towers Sports Health and Fitness section, we're going to outline some different things to do each morning to help more positively begin each day. Now, "college time" seems to play-out several hours later then "real world" time, so the idea of doing anything before 10 AM sounds not only impractical, but borderline offensive. However, its easier then you think to start the morning off right and the payoff, to me at least, is well worth the effort.

Growing up, we always heard that breakfast was the most important meal of the day. I very much agree with this thought, which is why I always insisted on drinking at least 2 cups of coffee every morning before I left for class; to me that constituted breakfast. However, lately, I've been pushing my triple caramel macchiato off till about 11:00, and instead have a breakfast shake and a yogurt first thing. Personally, my shakes of choice are either Naked Juice's Protein Blends or Carnation Instant Breakfasts milk chocolate shakes. Both give you tons of vitamins, minerals, and protein and most taste pretty good too. Funny thing is, I feel just as awake after the shakes now, as I used to feel after my coffee and my energy lasts longer. The trouble with caffeine is, it eventually wears down. All the vitamins and natural energy found in actual fruits and vegetables last much longer.

Also important each morning is getting your blood circulating and your muscles moving. While not a substitute to actually going for a run or to the gym, doing some breathing exercises and stretches when you



The world is my carrot

first wake up help wake up your body, instead of just your mind. Personally, when I sit up in bed, the first thing I do is take 4 or 5 deep breaths in; it helps my body to realize that I'm no longer sleeping and that it needs to start moving. After that, I do in fact move.

Each person should self-design their morning stretches to fit their needs and their bodies. However, I begin with a few pushups and crunches, some hamstring stretches - trying to touch your toes without bending your knee too much - and a few neck rolls. Really, there's no exact science in how to stretch, but the basic principle is to slowly extend and loosen up your body.

Many think that both breakfast and a workout need to take up 45 minutes each, but it doesn't need to be that elaborate, especially in the morning. I personally only get 5 and a half hours of sleep each night, and really dislike waking up, so would never spare an extra hour of sleep time for anything. However, the above outline only takes about 15 minutes total and really makes all the difference. In this case, a little effort goes a long way.

Picture Courtesy Of: [www.zazzle.com](http://www.zazzle.com)

### AU KNIGHTS of the WEEK

**Melissa DeBello '13**  
**Irina Samson '10**  
**Women's Tennis**

First year Melissa DeBello and senior Irina Samson went undefeated in a 1-0 week for the Knights as they picked up their first Commonwealth win of the season, a 7-2 road win at Lycoming on Saturday. At #5 singles, Samson knocked off Lycoming's Katie Walker 6-4, 6-1 while DeBello was a 6-0, 6-4 winner over Adrianna Rivera at #6 singles. The duo paired up at #3 doubles to begin the match, defeating Walker/Rivera handily 8-1. When paired as doubles partners, the veteran and the newcomer are 4-1 at #3 doubles while individually they have both stretched their win streaks to three amatches. Through singles play, they have each dropped only one match, DeBello is 5-1 overall while



PLEASE VISIT [WWW.ARCADIA.EDU/ATHLETICS](http://WWW.ARCADIA.EDU/ATHLETICS) FOR ADDITIONAL "KNIGHTS OF THE WEEK" PLAYERS.

## Arcadia Fall Sports Schedule

<b>Mens Soccer</b> W/L/T 9-4-1	<b>Upcoming Game</b> Away: Messiah 10/17 6:30 P.M.
<b>Womens Soccer</b> W/L/T 10-0-3	<b>Upcoming Game</b> Away: Messiah 10/17 3:00 P.M.
<b>Womens Tennis</b> W/L 8-6	<b>Upcoming Game</b> Home: Messiah 10/17 1:00 P.M.
<b>Womens Field Hockey</b> W/L 3-8	<b>Upcoming Game</b> Away: Elizabethtown 10/17 1:00 P.M.
<b>Womens Volleyball</b> W/L 9-9	<b>Upcoming Game</b> Home: Lycoming 10/20 7:00 P.M.

All Knights Athletics Articles and information  
courtesy of Arcadia University Athletics